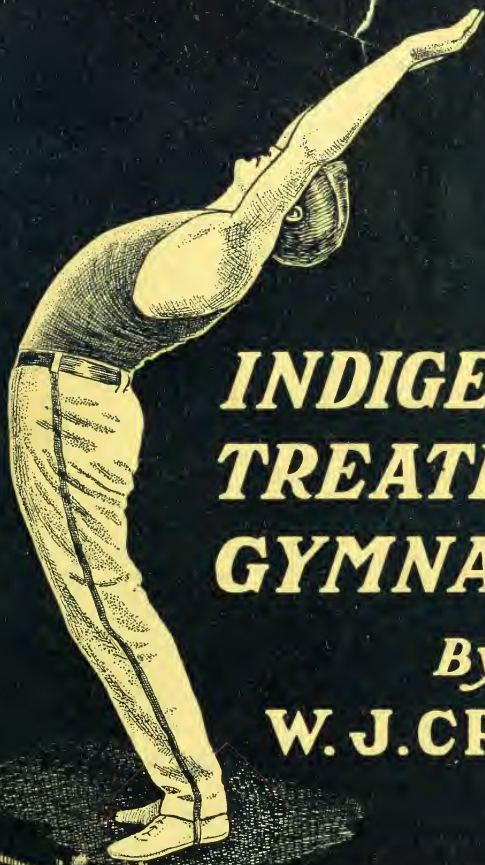


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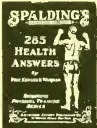


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WILLIAM J. CROMIE,
PHYSICAL DIRECTOR OF THE YOUNG MEN'S CHRISTIAN
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GROUP XVI, No. 288

INDIGESTION TREATED BY GYMNASTICS

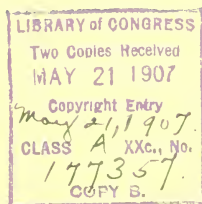
BY

W. J. CROMIE

PHYSICAL DIRECTOR OF THE YOUNG MEN'S
CHRISTIAN ASSOCIATION, GERMANTOWN,
PHILADELPHIA



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FOREWORD

The author realizing that many suffer from constipation and indigestion and knowing that we as a people are too prone to resort to deadly drugs, which usually renders these conditions chronic rather than alleviate them, has felt it his privilege to publish this pamphlet on the treatment of these by *natural means*.

This booklet deals with the causes, symptoms and treatment of these two prevailing ailments. It embraces diet, water-cure, mental culture, massage and photographic illustrations of exercises which tend to cure the above diseases.

If the hints herein contained are heeded and the exercises faithfully performed, most forms of constipation and indigestion will be helped.

TO
E. D. VOGEL
IN RECOGNITION OF A CONSTANT
FRIENDSHIP

INTRODUCTION

If one special cause could be assigned to the great majority of ills to which man is heir it would be mal-nutrition.

Nowhere in the world is more haste shown in all pursuits than in this country. This haste is feverish, and while it may bring to man power, office or money the human mechanism pays the price. One of the first symptoms of "the price" is a derangement of the vegetative tract.

Man depends for his success upon the integrity of the body-machinery, the body in turn is maintained by good food.

Any interference with the change of food into energy will affect the working capacity of the human economy. In other words, as soon as there is trouble with the vegetative tract there is mal-nutrition.

It is one thing to masticate the food, another to digest it, and still another to assimilate it. This whole process is frequently classified under the heading "digestion."

A man will only be well nourished when the several acts of changing food into available energy are normal. The machinery of digestion is kept in good condition by a proper circulation of the blood, and this circulation of the fluid tissue is stimulated by certain simple forms of muscular activity. These simple exercises require but little time and no apparatus; they may be learned in a few minutes and will do more to prevent or cure certain forms of "indigestion" than medicine will.

It seems strange that competent business men who have wonderful ability for investing and making money will use so little

judgment in sensibly investing their vital capacity. It is inconsistent for such a person to be careless about the most potent factor in success, namely, the healthy condition of the body.

My advice to any working man is to keep the alimentary canal in the best condition. By doing this it will be possible for him to do more with the body, to live longer and be happier, to think better, and to invest more wisely, whether the investment be in worldly goods or in the development of the mind.

This little book will be of assistance to any one who has or is threatened with indigestion, mal-assimilation or poor nutrition.

W. G. ANDERSON, M. D.,
Yale University.

CONSTIPATION

CAUSES

One of the most frequent *causes* of constipation is muscular inactivity. Another cause is the persistent use of laxatives. When this is the case, the tendencies of the intestines is to act only under the stimulus of laxative drugs. This drugging to bring

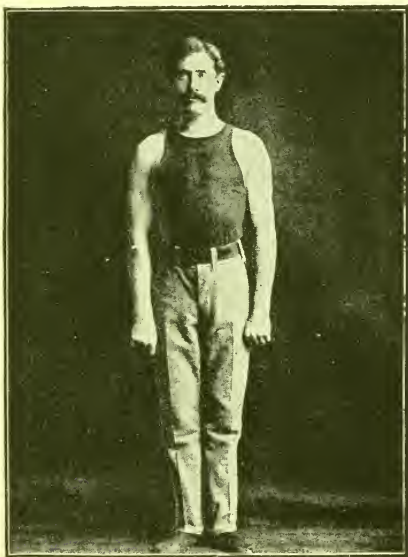


FIG. 1.

Correct posture. Chest thrown out strong, stomach drawn in, chin in slightly, body erect at all times. The best way for one to tell whether he has the right position or not, is to stand with the back to a wall with head, shoulders, hips and heels touching it.

the desired result must be ever constantly increased. The using of drugs leaves the sufferer in a worse condition than before, and tends to make chronic the trouble it was intended to relieve. One who resists a call of Nature constantly, must not be surprised if he becomes constipated. Opium and Morphine users have inactive livers. Anything which lessens the supply of bile will produce constipation. The tendency of a pessimistic person is toward this ailment.

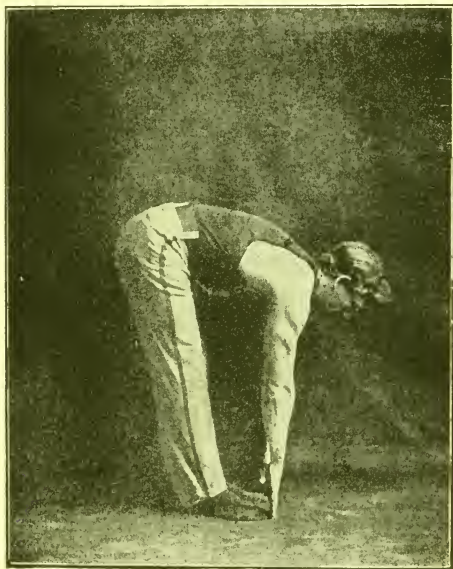


FIG. 2.

From Fig. 1, bend as in Fig. 2, legs straight and chest out strong. Arms may be held as in Fig. 4.

SYMPTOMS

Most every one knows the symptoms of constipation and little need be said, suffice to say that one who has this distressing ailment is usually troubled with headache, bad breath, indigestion,

a sense of fullness in the abdomen, "blues" or melancholy and insomnia.

TREATMENT

In the *treatment* of constipation one must first remove the cause. The prevailing tendencies to disease, both hereditary and acquired, must be studied. The condition of the *mind* is a mighty factor in agitating or in relieving constipation. It is said that a

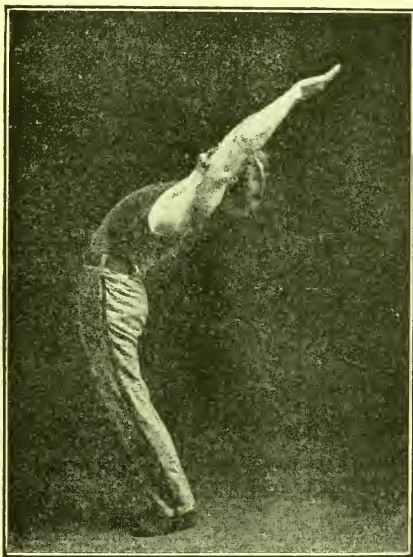


FIG. 3.

Combine Figs. 2 and 3. If too difficult at first, hold arms and elbows as in Fig. 4.

medical professor gave a constipated man a dose of flour, saying that it was a very powerful physic. The flour acted as the physic was intended to act. This may be an extreme view of the case, but we firmly believe no cause is more effective in producing constipation than the sufferer's belief that he is constipated, and

cannot be cured. The state of mind is important, and we beg that the one who follows the following hints and performs the exercises will put faith in the treatment, and thus help to cure himself.

The remarkable power of the mind over the body can be seen in the life of Christ, who has shown the world the possibilities of a perfect manhood. He showed that weakness and disease were



FIG. 4.

Bend from side to side, chest out strong, elbows well back. Arms may be held vertical as in Fig. 3. This exercise is sometimes called the liver squeezer and is very good.

the results of sin; of trespassing on the laws of nature. He showed that in order that one be a perfect animal, he must be perfectly developed in *body*, *mind* and *spirit*.

Seneca said : "It is part of the cure to be wished to be cured." When one desires health and strength, that itself is an evidence that he can obtain these if he lives rightly. And to live rightly one must cultivate a cheerful disposition ; in fact, to follow the teachings of Christ, who has demonstrated the superiority of a perfectly physical system over the weakness of the flesh. If one has enough will power to live when sickness and disease are



FIG. 5.

Lie on back and raise legs as in Fig. 5. Keep legs straight.

everywhere about him, he has enough power to regain health and strength if he uses that which God has given him.

We should have constantly before our minds high ideals of our *physical, intellectual, moral* and *spiritual* natures. Our ideal must be high and we must press onward and upward. The

obstacles, temptations, and ills of life will be stepping stones to greater heights. Successful men have been of strong will-power and concentration. The world steps aside and lets pass the man who is bound to win. He does not have one-half the opposition to overcome as he who is "crossing bridges" and thinking of his sickness (?) and hard lot in life. Defeat, like a gymnasium, infuses him with new power.

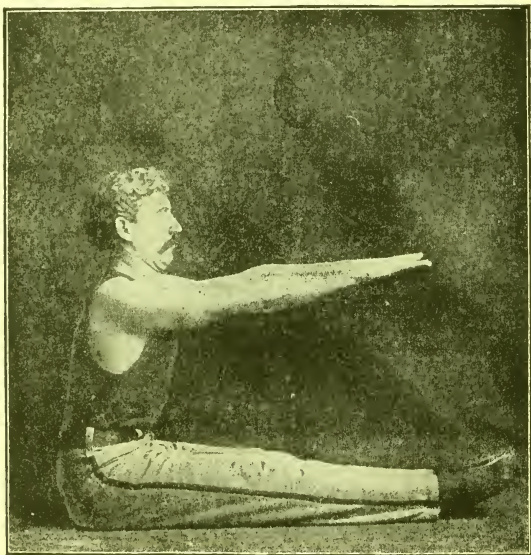


FIG. 6.

Lie on back as in Fig. 5, legs on floor and raise body as in Fig. 6 and reach over and touch toes without bending knees. Place something under the feet. If you have hernia do not attempt this.

Humboldt said: "The time will come when a sick man will be looked upon with the same abhorance with which we now regard a thief or a liar, for the reason that one condition is as much under the subjugation of the mind as the other, and as susceptible

of correction as the other." While this is probably radical, still we firmly believe that there is a Divine remedy placed within us for many of the ills we suffer. The mind is the natural protector of the body, and if we only knew how to use this power of will, exercise the muscles of the system daily, keep the body clean by daily bathing; breathe the pure air deeply, drink good water

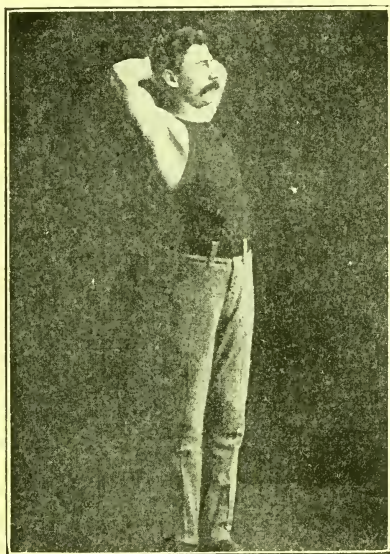


FIG. 7.

Place hands behind head and rotate body from side to side. Rotate at the waist line and keep hips from turning if possible. To vary this exercise, stand with feet apart as in Fig. 10 and hold arms at side horizontal.

freely, eat moderately, the physician's pills would not be needed and we would be able to carry youth and health past the century mark.

Deep breathing is an important factor in relieving constipation and will be treated in chapter on indigestion. Drink a glass of *cold water* on going to bed and in arising in the morning, *Massage* the abdomen; rubbing with the hands, slapping, kneading, etc. Draw in and throw out abdomen fast and vigorously from

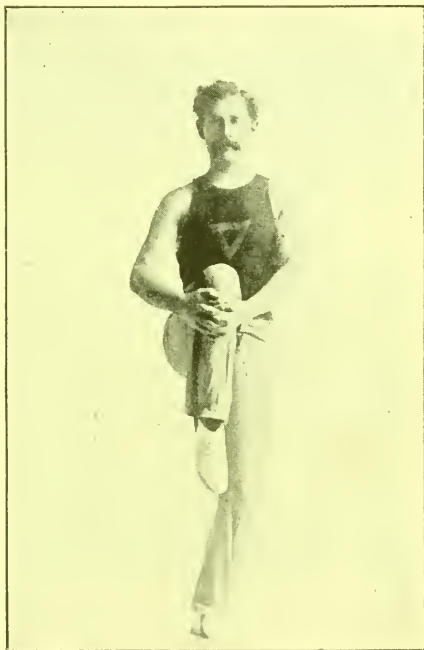


FIG. 8.

Pull up right knee as near chest as possible. Pull up left. Alternate.

10 to 50 times daily. Many who have constipation worry too much over their food and are always hunting for pre-digested articles of diet, and usually the bulk of food in the intestines is

insufficient to produce peristaltic activity. Eat plenty of *whole wheat bread* and study the table on foods on another page. Eat of foods marked "L." The wet pack is another good thing. Upon retiring lay a cloth saturated with cold water on the abdomen. Tie some dry material over the wet application and thus prevent catching cold.

The most important agent in the cure of constipation are *muscular exercises* which increase peristalsis. Rapid walking tends to relieve this ailment, as the contents of the abdomen are kept



FIG. 9.

Lie on stomach and raise body as in figure.

in violent motion from side to side with every step. Deep breathing in connection with rapid walking is also good, as the action of the diaphragm effects the abdomen and increases the circulation of the blood. The exercises in this chapter and in the one on indigestion are excellent for relieving constipation as they are also for stomach trouble.

As to the number of times to perform each exercise, no definite rule can be laid down, as the performer must be his own

judge, as it all depends on his physical condition. Do not perform these exercises too many times at the beginning as the tendency is to become sore in the abdominal regions. (Muscular soreness, however, is an indication that one needs exercise.) One should exercise until tired, but not exhausted. Perform the



FIG. 10.

Feet apart about 30 inches and bend from side to side as in figure.

exercises daily. It is better to exercise upon retiring, or the first thing in the morning, as much clothing restricts the freedom of motion. Practice throwing the chest out strongly and drawing in the abdomen while exercising *and at all times*.

INDIGESTION

There are probably more persons in the world to-day suffering from indigestion than from any other known ailment. And so long as people eat too much, too fast, and improperly, they will



FIG. 11.

Feet about 30 inches apart, touch toes of right foot, body erect, arms vertical, then touch toes of other foot. Do not bend knees.

have stomach troubles. There are various things which hinder digestion and eventually if these causes are not removed, cause indigestion and dyspepsia.

CAUSES

Eating too fast.—In this case the food is taken down without being properly prepared by chewing. When the food is not properly masticated, and swallowed in masses entirely too large, the digestive fluids do not readily gain access to the swallowed particles and eventually cause fermentation. Some claim that chewing the food properly is one-half the digestion. This is probably a radical statement, but if one chews food properly the digestion will be greatly assisted. If the stomach had teeth many would be helped; a deplorable fact for some that it has not.

Too much fluid.—When food is eaten rapidly or when too much fluid is drank during meal time, there is not enough saliva



FIG. 12.

Lie on stomach and raise arms and legs as in illustration.

mixed with it. Too much liquid taken at meal time tends to dilute the gastric juice and thus weakens its power in the process of digestion. It would be better if food was not mixed with fluids during meal time. Who ever saw a horse leave his oats to take a swallow of water and then return to his food?

Mental effort.—If after a heavy meal one uses his mind much the blood is called to the brain when it is needed by the stomach. This is also true with heavy muscular work. There is not enough blood in the organism to supply muscles, brain, and stomach, or any two of these organs at the same time. Vigorous thinking

and vigorous digestion will not go on in the same organism at the same time. Do not read or study during a meal. At meal time put your thoughts on your mastication and digestion.

Great fatigue.—No careful horseowner will feed his animal immediately when he comes in tired and heated. Food swallowed under such circumstances will be digested with considerable difficulty by man or horse.

Too much food.—There is a limit to the amount that can be digested. The stomach may be so full the peristaltic motion will

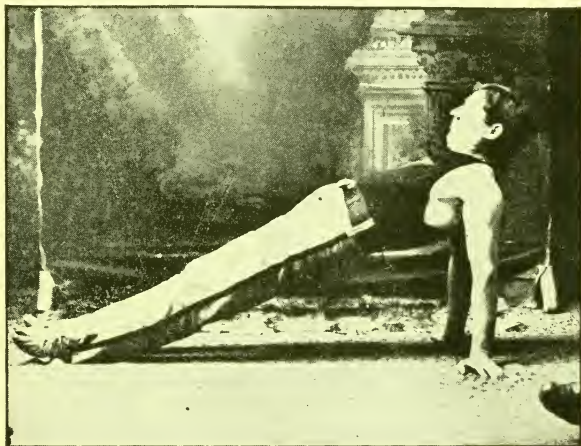


FIG. 13.

Sit on the floor and push up body as in figure.

be interfered with, or the digestive fluids cannot fully permeate its contents. These parts of the mass which are not digested will soon decompose, producing acidity and a pressure of gas.

Muscular inactivity.—In a sluggish condition of the body, the digestive juices flow slowly. The food in order to be thoroughly mixed with the gastric juices must have peristaltic activity or much motion, and this can be had by vigorous muscular exercise.

As muscular inactivity decreases the power of the digestion so activity increases this power. When the digestive apparatus is weak or impaired it becomes the seat of almost constant pain and discomfort. The appetite is lost, the strength fails, the nerves become irritable and the brain is clouded. It is important, therefore, to exercise faithfully and persistently, as this we believe is the most important factor in the cure of indigestion and dyspepsia.



FIG. 14.

Exhale as chin is lowered toward chest, Fig. 14;
inhale deeply as head assumes position of Fig. 1.

Tight Clothing.—The wearing of tight corsets has an evil effect on the stomach, as it crowds it so that it has not the proper room in which to work. If one ties a string around a finger it becomes cold, numb, and lifeless. Tight clothing, belts, etc., around the

waist restricts the working properly of the organs in the chest and abdomen.

Alcohol.—Alcohol irritates the mucous membrane. In the famous case of St. Martin, the inside of whose stomach could be

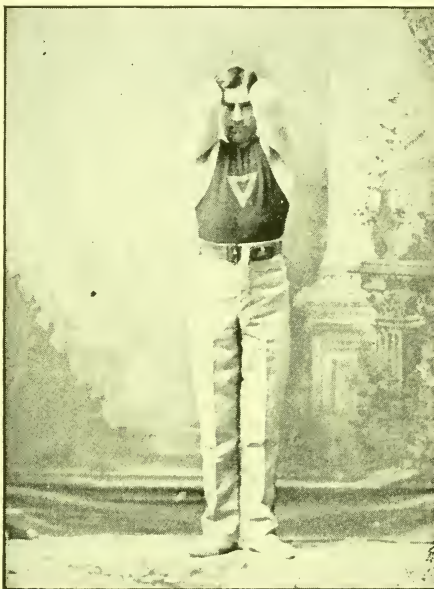


FIG. 15.

Inhale deeply as elbows are pressed back, as in Fig. 4.
Exhale as elbows near each other, Fig. 15.

- (a) Exhale as you drop chin on chest, Fig. 14, inhale as you resume No. 1 position.
- (b) Inhale as shoulders are raised.
Exhale as you lower them.
- (c) Inhale as you press shoulders well back; draw them together as you exhale.
- (d) Arms at side, raise to side horizontal, inhaling; palms up.
Bring arms to front, horizontal, exhaling; palms together.

seen through a wound, Dr. Beaumont found that alcoholic liquors produced a state of inflammation and ulceration in the living membrane and change of the gastric juice. Tobacco in all its forms, condiments such as pepper, mustard, catsup, ginger, spices, too hot and too cold foods and drinks, drugs, tea, coffee, etc., are hurtful to the stomach and should not be used if we would have this important organ strong and in good working order.

Irregularity in eating.—The digestive apparatus is subject to habit like the rest of the system; at the accustomed meal-time the saliva and other digestive fluids flow though no food is taken. When that time is passed they do not start so readily. Too much starch or meat are likely to be injurious to many. Heavy stimulating foods in summer are bad. There are other things which will eventually lead to indigestion, such as very cold substances, worry, fear, anger, discontent, jealousy, malice, improper carriage of the body and shallow breathing.

SYMPTOMS

Indigestion is more than a disease of the stomach. It is closely allied with dyspepsia, rheumatism, gout, etc. Its symptoms are legion when taken in connection with dyspepsia. Among them are morbid appetite, a painful fulness after eating, acid eructations, nausea, distention or weight of the stomach, emaciation, flatulence, constipation, vomiting, general debility, languor, dim vision, insomnia, great depression of spirits, vertigo, headache, palpitation of heart, pimples, dull complexion, pallor, slow or intermittent pulse, bad breath, dullness of the senses and other symptoms too numerous to mention. Long standing cases sometimes result in melancholy insanity and suicide.

The seat of the disease is the central ganglia of the organic system of nerves, which preside over the secretion of the gastric juice and over the digestive and assimilative processes. Every other organ of the body is affected either by nervous relation and sympathy, or by the morbid condition of the blood. The causes, effects, and relations of indigestion and dyspepsia cover almost the whole ground of pathology.

TREATMENT

In the first place every cause must be removed, and secondly, by living in the condition of health.

Diet.—Study your diet. One man's food is sometimes another's poison. On another page is a diet table showing the digestibility of foods. Most persons eat entirely too much *proteid* or *nitrogenous* food, such as meat, etc., and the result is that the system is continually poisoned by uric acid and other partially oxidized nitrogenous products. (An excess of uric acid in the system causes rheumatism.)

The first requisite in treatment concerning diet, is rest for the poor disordered stomach. Stop eating for a few days and drink plenty of water. Fasting is a good way to cure this disease, but this treatment for most persons seems too heroic. After a fast is broken eat very sparingly for a few days. After fasting the stomach is rested and the whole system purified. Two meals a day are excellent if one does not eat too much during each meal.

HYDROPATHY

Plenty of good water should be included in the diet. The system needs plenty of water for two reasons. First, to furnish a solvent to act as a vehicle for carrying the nutritive material from the intestinal tract to the blood, where it may be distributed to the different parts of the body. And secondly, as it acts as a solvent in eliminating nitrogenous and saline wastes of the body. A cup of hot water sipped an hour before each meal helps both indigestion and constipation. A wet bandage worn around the stomach and abdomen at night strengthens the stomach and excites the action of the liver. Learn to take cold baths daily.

Laughing is an exercise which aids digestion. "Laugh and grow fat." "A merry heart doeth good like a medicine." Laughing stirs up the abdominal organs and increases the circulation of the blood. It aids peristalsis and causes the flow of juices, etc., needed in digestion. Take a five-minute dose of laughter after each meal.

DEEP BREATHING AND EXERCISE

Enforced deep breathing before or after a meal is good as it introduces more oxygen in the system, and oxygen is like fuel for the fire. Deep breathing and muscular exercise increases the respiratory act, and the added oxygen taken into the lungs causes the blood in the veins and arteries to pulsate with increased vigor. Under the influence of this powerfully oxygenated blood the intestines perform their peristaltic movements, which are necessary for digestion, with more energy. The digestion, assimilation and excretion; in fact, all the organs of function are increased under the stimulus of exercise.

The aim of exercising is to develop strong internal organs rather than large biceps. A breathing tube is an excellent device for lung development.

Breathing exercises, with positions and movements favorable to inspiration (in breathing) and expiration (out breathing) are to be commended.

The best exercises for indigestion are those which agitate the large abdominal groups. Use all the exercises shown for constipation; in fact, all illustrations shown in this book.

Most persons suffering from indigestion have flat chests. The carriage of the body is improper, the head is projected forward, the shoulders rounded and the abdomen protruding. Carry the body in an erect position at all times. To correct a faulty posture of the chest and back, practice exercises 9, 11 and 12. Practice deep breathing and exercise daily. Eat wholesome food slowly and masticate it thoroughly, and do not eat too much; bathe daily, cultivate a cheerful, contented disposition and indigestion will disappear.

A DIET TABLE BY DR. CHAS. A. RABETHGE

EASY TO DIGEST

1 Beef roasted, fat	1 Eggs and milk pudding	2 Pigeons
2 Beef roasted, lean	2 Flounder	2 Partridge
1 Beef broiled, fat	1 Farinaceous pudding	2 Pheasant
2 Beef broiled, lean	2 Grouse	L 1 Pears
2 Beef tea	2 Gelatine	2 Peas
L 1 Baked apple	1 Hare	1 Rabbit
1 Bread, wheat	1 Haddock, with sauce	1 Rice
1 Bread, rye	2 Haddock, without sauce	L 1 Spinach
L 1 Bread, graham	2 Herring	2 Sweetbread
1 Bread, barley	1 Koumiss	1 Sago
L 1 Bread, whole wheat	1 Lamb, fat	2 Smelt
L 1 Buttermilk	2 Lamb, lean	L 2 Tomatoes
2 Chicken	2 Liver	2 Trout
Cheese, neufchatel	1 Milk	2 Tripe
2 Cod, fresh	L 1 Mutton, fat	1 Tapioca
L 1 Cooked fruits, sugar	L 2 Mutton, lean	2 Toast
L 2 Cooked fruits, no sugar	L 1 Mutton broth	2 Toast water
1 Custard	1 Marmalade	2 Venison
2 Eggs, soft boiled	1 Macaroni	1 Vermicelli
	1 Oysters, raw	L 1 Whey

MODERATELY DIGESTIBLE

Asparagus	2 Eggs, hard boiled	L 1 Prunes
L 1 Apples	L 2 Grapes	1 Parsnip
L 1 Bacon	2 Hashes	1 Potatoes, white
2 Beets	2 Lobster	1 Potatoes, sweet
L 1 Barley, boiled	Lettuce	L 1 Raspberries
2 Clams, roasted	2 Mussels	L 2 Strawberries
Cauliflower	1 Oyster stew	2 Shrimps
Crabs	2 Oyster, roasted	2 Snipe
L 2 Coffee	2 Oyster, boiled	1 Soups, cream
L 1 Cherries	1 Oyster plant	2 Soups, plain
1 Cream	1 Onions	1 Squash (tea)
1 Carrot	L 2 Oranges	2 Turkey
2 Turnip	L 1 Wheat, cracked	L 1 Veal
2 Ducks	L 1 Peaches	

HARD TO DIGEST

1 Bread, fresh	L 1 Figs	L 2 Pineapple
1 Buckwheat cakes	1 Goose	2 Pickle
1 Butter	2 Lobster, fried	1 Pudding, hot batter
1 Baked beans	2 Mackerel	L 2 Rhubarb
Cabbage	1 Muffins, hot	2 Salt meat
1 Cakes, hot	Mushrooms	Sausage
Cheese	Nuts	2 Salt fish
L 1 Currants	L 1 Oatmeal	1 Stewed meats
1 Chocolate	1 Oil	
1 Cocoa	1 Oysters, fried	
L 1 Corn, green	1 Pork	
L 1 Dates	1 Pastry	
L 1 Dandelion	L 2 Plums	

To increase weight, eat of foods No. 1, and drink about 2 qts. of water daily.

To reduce weight, eat of foods No. 2, drink as little fluids as convenient and take a long warm bath, followed by a graded bath daily.

The letter "L" indicates that this article of diet is laxative.

THE FOLLOWING TABLE, GIVEN BY DR. WILSON,
INDICATES THE ANALYSIS OF ARTICLES
IN COMMON USE:

IN 100 PARTS.

	WATER	ALBUMI- NATES	FATS	STARCHES AND SUGAR	SALTS
		ORGANIC NITRO- GENIZED	HYDRO- CARBONS	CARBO- HYDRATES	
Beef and mutton, as ordi- narily supplied.....	75.	15.	8.4	1.6
Bacon.....	15.	8.8	73.3	2.9
White Fish.....	78.	18.1	2.9	1.
Salt Beef.....	49.1	29.6	0.2	21.1
Poultry.....	74.	21.	3.8	1.2
Flour.....	15.	11.	2.	70.3	1.7
Wheaten Bread.....	40.	8.	1.5	49.2	1.3
Rice.....	10.	5.	0.8	83.2	0.5
Oatmeal.....	15.	12.6	5.6	63.	3.
Peas (Dry).....	15.	22.	2.	53.	2.4
Potatoes.....	74.	2.	0.16	21.	1.
Cabbage.....	91.	0.2	0.5	5.8	0.7
Eggs.....	73.5	13.5	11.6	1.
Cheese.....	36.8	33.5	24.3	5.4
Milk.....	86.7	4.	3.7	5.	0.6
Butter.....	6.	0.3	91.	2.7
Sugar.....	3.	96.5	0.5

HELP IN CASE OF ACCIDENTS

This was taken from the "Gymnasium Director's Pocket Book."

DROWNING. 1. Loosen clothing, if any. 2. Empty lungs of water by laying body on its stomach and lifting it by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs, about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils and pressing the "Adam's apple" back (so as to close entrance to stomach), direct inflation may be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air, and repeat the operation. 7. **DON'T GIVE UP!** People have been saved after **HOURS** of patient, vigorous effort. 8. When breathing begins, get patient into a warm bed, give **WARM** drinks, or spirits in teaspoonfuls, fresh air and quiet.

BURNS AND SCALDS. Cover with cooking soda, and lay wet cloths over it. Whites of eggs and olive oil. Olive or linseed oil, plain, or mixed with chalk or whiting.

LIGHTNING. Dash cold water over the person struck.

SUNSTROKE. Loosen clothing. Get patient into shade, and apply ice-cold water to head.

MAD DOG OR SNAKE BITE. Tie cord tight above wound. Suck the wound and cauterize with caustic or white-hot iron at once, or cut out adjoining parts with a sharp knife.

VENOMOUS INSECTS' STINGS, ETC. Apply weak ammonia, oil, salt water, or iodine.

FAINTING. Place flat on back; allow fresh air and sprinkle with water.

TESTS OF DEATH. Hold mirror to mouth. If living, moisture will gather. Push pin into flesh. If dead the hole will remain, if alive it will close up.

CINDERS IN THE EYE. Roll soft paper up like a lamplighter and wet the tip to remove, or use a medicine dropper to draw it out. Rub the *other* eye.

FIRE IN ONE'S CLOTHING. *Don't run*—especially not down stairs or out of doors. Roll on carpet, or wrap in woolen rug or blanket. Keep the head down, so as not to inhale flame.

FIRE IN A BUILDING. Crawl on the floor. The clearest air is the lowest in the room. Cover the head with a woolen wrap, wet if possible. Cut holes for the eyes. Don't get excited.

FIRE IN KEROSENE. *Don't use water*, it will spread the flames. Dirt, sand or flour is the best extinguisher; or smother with woolen rug, tablecloth or carpet.

SOME CRITICISMS REGARDING "HEALTH; BY MUSCULAR GYMNASTICS"

(Spalding's Athletic Library No. 285)

From Alvin Davison, Professor of Biology, Lafayette College.

I have examined with much interest the book on "Health; by Muscular Gymnastics," by W. J. Cromie. It is written in a clear concise manner, giving full instructions for keeping the body in a normal condition. I consider it well adapted for public school work, as well as for the private individual who wishes to enjoy the best of health.

From J. C. Elsom, M. D., Physical Director University of Wisconsin, Madison, Wis.

Your book on Health is all right, because it is sensible. There is no strange and mysterious road to the possession of a good physique; there is no wonderful "system" procurable on the mail order plan, with an outlay of \$25.00 to \$50.00, however extensively such systems may be advertised. You have based your exercises on the fundamental physiological bases which is the only way. Your book will do great good, if its teachings are followed. I trust that you may have great success; and although you may not pocket as much money as the mail order men, yet you will be doing greater good to humanity, and that is the greatest thing, after all.

From Geo. J. Fisher, M. D., International Secretary Physical Department of Y. M. C. A. of North America and Canada.

Your copy of "Health; by Muscular Gymnastics with Hints on Right Living," at hand. I wish to say that I consider the book neatly arranged, and written so that any individual will be able to understand it, and that it contains material that will be of value to the average man seeking information along the lines of physical education. I believe that it will fill the need which is apparent in the majority of cases. I trust that you will be able to distribute many copies of them, as it will be a means of education to all those who read it.

From W. W. Barker, Pastor First Baptist Church, Phillipsburg, N. J.

Having experienced much benefit from your splendid teaching in gymnastics, and having heartily appreciated and enjoyed the lessons on your personal direction, I feel led to thank you for giving to the world your booklet on "Health." In it I find you treat the subject clearly, concisely and thoroughly, and I am sure it will delight and help all that follow its teaching, as there is everything in it that will give and keep perfect health if its advice is faithfully followed each day. May it have the large sale it deserves. For one I thank you for it.

From Mel. B. Rideout, Physical Director Y. M. C. A., Washington, D. C.

If carefully read and followed, your booklet should prove a great boon to that class of our people mentioned in your preface.

From Harry C. Hoffman, Physical Director Y. M. C. A., Harrisburg, Pa.

Received your booklet and think it *very* good. I know that if any person follows the advice given therein, he cannot help but enjoy good health. I can recommend it; especially to business men. Success to you and the booklet.

SPALDING'S ATHLETIC LIBRARY.

From C. H. R. Jackson, Physical Director Y. M. C. A., Scranton, Pa.

Your booklet should prove valuable to persons unable to attend gymnasiums. The work is admirably simple and clearly explained.

From D. B. McLaughlin, Physical Director Franklin and Marshall College.

I have read your little book called "Health," and I think it is very good. It will be especially helpful to those who have not the advantages of a gymnasium.

From A. Virginia Sheppard, Editor New Thought Magazine, Allegheny, Pa.

Your copy of "Health" duly received, and reviewed.

You are indeed to be congratulated, as your little book is freighted with good news, good tidings for the renewal of the human race, both from a mental and physical standpoint.

The physical body has long since been too much neglected, as its present condition amply illustrates, but a great wave of such good things as physical culture and the like are setting us right.

The movements you give, I know from experience are just right, and bring about, quickly, splendid results.

Send out your little book far and wide, and I am sure its message of health, and strength will be heeded by the growing intelligent public.

From B. F. Sandt, Principal Easton (Pa.) High School.

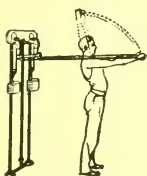
In view of the recent introduction of calisthenics into our public schools, the appearance of Prof. W. J. Cromie's pamphlet, entitled "Health," is most timely. The exercises it describes are simple, easily comprehended, and besides sufficiently varied to furnish adequate means for the harmonious development of the whole body. With but few exceptions they can be used in any school room. For some months past they have been employed several times a day in our high school with beneficial results.

The pamphlet contains much that will commend itself to the favor of those who may be interested in this subject, but a review of it would be incomplete, did we not make mention of the valuable hints, so clearly and concisely given, upon right living and the preservation of the health. The book is worthy of a place not only in every school room, but also in every household.

From W. A. Rogers, Physical Director Y. M. C. A., Reading, Pa.

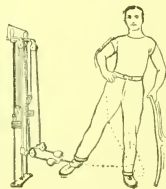
Your "Health; by Muscular Gymnastics," received. The idea which you have tried to carry out that there is a great need for something of a good sound nature instead of these systems by mail, is a good one, and I believe the good things which you have given to the public, if systematically used, will no doubt have reached your desire.

HOME EXERCISING—WHAT TO USE



To the grown man who has not started young to exercise systematically, it is necessary when the years commence to tell, to go back over lost ground and try to pick up the threads of his health and try to brace up once more the tired frame that seems to grow more weary with each departing year. However, let those whose youth has departed without giving them the opportunity to experience real delightful and health-giving exercise, not despair, but endeavor by taking up now rational exercise to regain perhaps a little of that vigor which they knew not so long ago and which they may be able to recall. One of the aims of physical training is to make exercise interesting and enjoyable, and in doing this there is no better method for the ordinary man, especially the man with a family, than to make his exercise a part of the family work. There is no reason why he should not have the entire family group all entering into the spirit of it, and in this way the burden is lightened and exercising becomes more enjoyable and interesting, and incidently more beneficial.

The first article that suggests itself for home exercise is a satisfactory style of chest-weight machine, and A. G. Spalding & Bros., in their endeavor to put out goods that would be really suitable for home use, have included in their line a number of styles of chest-weight machines which are well made, and which they sell at prices that are exceedingly reasonable. Their No. 2 Chest-Weight Machine costs \$5 complete. This price was unheard of before the unequaled facilities of this concern made it possible for them to market such a number of these machines that they were able to bring

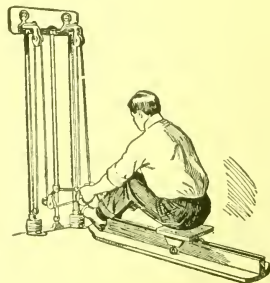


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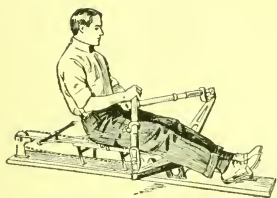


the price down to this figure. The machine is well made and easy-running. The wall and floor boards are of hardwood, nicely finished and stained. All castings are heavily japanned and every part of the machine is guaranteed free of defect. The weights are 5-lb. iron dumb bells, and they can be removed

to use as dumb bells if desired. The next grade to the No. 2 is the No. 4 Chest-Weight Machine, at \$7. This is the same type and general design as the No. 2, but the rods are of larger diameter and both rods and wheels are polished and nickle-plated. An exceedingly satisfactory style of machine is the Spalding Chest Weight No. 12. at \$10 each. This is a very well-made machine, indeed. The cast-iron parts are all nicely japanned, the wheels are iron, turned true on centers, and have hardened steel cone-point bearings. The guide rods are spring steel, copper plated, and the weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with ten pounds of weights. This machine is an exceedingly satisfactory style. Something that is very useful as an attachment to the chest-weight machine is the foot and leg attachment. Spalding furnishes this, well made of heavy cowhide, readily attached to one handle or both of the machine and to be worn with or without shoe. The price of this foot and leg attachment is \$1 each. Spalding also furnishes a head and neck attachment, to be used with the chest-weight machine, made of heavy cowhide, and ready for use by simply snapping to one of the handles of the machine or both. The price of the No. 3 head and neck attachment is also \$1 each.

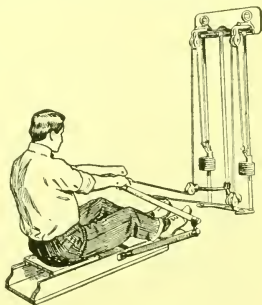


Exercise acts on the health of an individual in the same way as



of the lack of exercise. A little exercise is all that is necessary to keep one in good condition. Some rational, pleasant, and interesting exercise persisted in with regularity is all that is required, and really there is no exercise more interesting and so well within the reach of the ordinary man in his own home as that which can be obtained from a satisfactory style of rowing machine. Spalding furnishes two different styles of complete rowing machines. In the one the means used to produce the resistance is a simple friction clutch. This style of machine is known as the Laflin Machine. It takes instant hold at the commencement of the stroke, and retains the pressure till its completion, when it instantly releases it, precisely as in a boat. Each machine is adjustable to any amount of friction or resistance. The Laflin Machine, No. 119, costs \$16 each. The other style of rowing machine furnished by Spalding is known as the Kerns. This is the ideal boat for home use and training purposes. It is suitable alike for the athlete or the ordinary man or woman. It is used by the leading athletic clubs and by prominent oarsmen all over the world, and has been pronounced the most perfect rowing machine ever produced. It is fitted with the patent roller seat and adjustable shoes, and by turning a thumb-nut the belt can be tightened to any desired figure, and thus more or less friction thrown into the running parts, imitating the

the draught does on the fire in a furnace. Pile on the coal and shut off the draught, and you kill the fire. Continue to eat heavy meals and take no exercise, and your health will be affected; but not because of the food you have eaten so much as on account



SPALDING'S ATHLETIC LIBRARY.



resistance when forcing a rowboat through the water. This machine can be used by women as well as men simply by loosening the thumb-nut to reduce the resistance, and, on the other hand, by reversing the operation the resistance can be so increased that the strongest athlete can have any amount of resistance. The oars are pivoted in such a way that the operator can handle and turn them the same as he could during the return and feathering motion with a boat oar. The price of the No. 600 Kerns' Rowing Machine, described above, is \$30 each.

Rowing attachments are also furnished by Spalding, to be used in connection with chest-weight machines. The No. 2 style, complete with seat, costs \$8; and the No. 1 style, with oars and seat, costs \$10. Both the No. 1 and No. 2 styles of attachments are not complete rowing machines. With both of these it is necessary to have also a regular chest-weight machine.

It is not a new thing to say that "modern people eat too much." The evidence of the fact is present in almost every home in the land. The remedy, however, is not so well known. More exercise is needed, and not, as many suppose, a course of dieting. A little exercise with the Indian clubs and dumb bells every evening, and perhaps every morning also, would go a great way toward curing many of the faults in our present mode of living, and toward eradicating many of the ailments to which most of us are subjected. To those who have not picked up an Indian club or dumb bell in years the improvements that have been made in the models of the Indian clubs particularly are very noticeable. The time was when the matter of balance was not considered a great deal in an ordinary Indian club. It was simply cut out of a piece of wood, and that was all there was to it; but to-day Indian clubs that are



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proper are made with all regard to weight and balance, and in the Spalding line are included scientifically correct clubs to exercise with is really a pleasure and a privilege. The best-grade clubs in the Spalding line are known as the "Gold Medal" style. They are made of selected first-grade clear maple, natural color, high finish. The grain of the wood is not hidden, and the clearness of the maple and the perfect quality of

material is very evident in these clubs, which are turned out with such care at the Spalding factory. Two models are made in these Gold Medal best-grade Indian clubs: Model E is popular with a great many of the best Indian club swingers, and Model D is the more familiar style. The prices per pair for the different clubs furnished in these two models are as follows:

Model E (weights specified are for each club), $\frac{1}{2}$ -lb. size, 60 cents per pair; $\frac{3}{4}$ -lb., 60 cents; 1-lb., 75 cents; $1\frac{1}{2}$ -lb., 85 cents; 2-lb., 95 cents; 3-lb., \$1.10.

Model B (weights specified are for each club), $\frac{1}{2}$ -lb. size, 45 cents per pair; $\frac{3}{4}$ -lb., 45 cents; 1-lb., 50 cents; $1\frac{1}{2}$ -lb., 55 cents; 2-lb., 60 cents; 3-lb., 90 cents.

Spalding also furnishes in the same models, but in cheaper quality, and in what is known as the stained finish, two models: Model ES and Model BS, corresponding to Models E and B, respectively, in shape. The prices per pair for these clubs are as follows:

Model ES (weights specified are for each club), $\frac{1}{2}$ -lb. size, 30 cents per pair; $\frac{3}{4}$ -lb., 35 cents; 1-lb., 40 cents; $1\frac{1}{2}$ -lb., 50 cents; 2-lb., 60 cents; 3-lb., 70 cents.

Model BS (weights specified are for each club), $\frac{1}{2}$ -lb. size, 25 cents per pair; $\frac{3}{4}$ -lb., 30 cents; 1-lb., 35 cents; $1\frac{1}{2}$ -lb., 40 cents; 2-lb., 45 cents; 3-lb., 55 cents.

The same care in turning out each article is shown in the line of Spalding wooden dumb bells as in the line of Indian clubs, and the best grade in these dumb bells is also known as the "Gold Medal."



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These are made of selected first-grade clear maple, natural color, lathe polish, high finish, and in this grade they are known as the Model A. The prices per pair for the different weights furnished are.

Model A (weights specified are for each bell), $\frac{1}{2}$ -lb. size, 40 cents per pair; $\frac{3}{4}$ -lb., 45 cents; 1-lb., 50 cents; 1 $\frac{1}{2}$ -lb., 55 cents; 2-lb., 65 cents.

In the same model, but in a cheaper quality, stained finish, Spalding furnishes the Model AW, at prices specified below, the weights mentioned being for each bell.

Half-pound size, 25 cents per pair; $\frac{3}{4}$ -lb., 30 cents; 1-lb., 35 cents, 1 $\frac{1}{2}$ -lb., 40 cents, 2-lb., 45 cents.

For fancy or exhibition swinging, Spalding supplies two different styles of Indian clubs, handsomely finished in ebonite. The clubs are hollow, with a large body, and although extremely light, represent a club weighing three pounds or more. In these clubs the prices are as follows:

No. A, ebonite finish, per pair, \$3.50. No. AA, with German silver bands per pair, \$5.

Iron dumb bells and nickle-plated dumb bells are also supplied by Spalding. The iron dumb bells, black enamel, in sizes from 2 to 40 lbs., cost 6 cents per lb., and in sizes over 40 lbs. each, cost 8 cents per lb. When required, bar bells made in any weight and with wrought-iron handles, any length desired, will be furnished by Spalding at 10 cents per lb. Nickel-plated dumb bells make a nice appearance, and Spalding furnishes them in sizes from 1 to 5 lbs. each. The plain nickel-plated dumb bells, natural polish, cost, for the different sizes as follows: No. 1N, 1-lb. size, 25 cents per pair; No. 2N, 2-lb., 50 cents; No. 3N, 3-lb., 65 cents; No. 4N, 4 lb., 75 cents; No. 5N, 5-lb., \$1.

Nickel-plated dumb bells nicely polished and furnished with rubber bands, so that when they drop they do not make a noise, are furnished by Spalding also, and the prices are as specified below.

No. 1B, 1-lb. size, 65 cents per pair; No. 2B,



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2-lb., 75 cents; No. 3B, 3-lb., \$1; No. 4B, 4-lb., \$1.15; No. 5B, 5-lb., \$1.25.

It is necessary to have Indian club and dumb bell hangers in order to keep the indian clubs and dumb bells in proper shape. They should not be scattered around the room, but by simply putting up a pair of hangers they can be kept in good condition, and out of the way when not in use. Spalding furnishes these hangers, made of iron and nicely japanned, at prices as noted.

No. 3, for Indian clubs, complete with screws for attaching, 16 cents per pair.

No. 4, for dumb bells, complete with screws for attaching, 16 cents per pair.

No. 5, for Indian clubs, mounted on oak strips, 25 cents per pair.

No. 6, for dumb bells, mounted on oak strips, 25 cents per pair.

Many men do not realize the importance of exercise as a preventive of disease, and as an aid to the enjoyment of good health. It is not so important to have large powerful muscles, as it is to have perfect digestion; it is not so essential to have wonderful agility as it is to possess a strong regular heart, and the importance of having good lungs and kidneys is something that cannot be overestimated. Natural functions of the body are aided by rational exercises; different parts of the body are kept in good condition if exercise is regular. If this was thoroughly understood and the importance of it realized by all men, the race would be healthier and have better chance of developing further, and beyond what has been achieved so far. It rests, however, in the hands of each individual to see to it himself that he uses the health that is his to further develop his bodily strength. Exercise is a debt that every man owes to his constitution, and he cannot pay it up too promptly. Heredity gave to each of us as a gift a certain quota of health. Posterity demands that



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you increase that quota to as great an extent as possible, and even if we do not value health for ourselves, we should have enough consideration for those who are to come after us to leave them no greater handicap in the race of life than we started with. To do this it is not necessary for us to become athletes or to neglect our business affairs. Good health simply necessitates that we take a moderate amount of exercise in a rational way.

Following out the idea of having other members of the family enter into the matter of exercises, so that it becomes a family concern, and not merely a matter for one individual member of the family, there is one article of exercise that lends itself naturally to exercises in the home—that is the Medicine Ball. Many people—in fact, a great many—do not know anything about exercising with the medicine ball. Some of them have never heard of this article, or if they have heard of it, perhaps imagine it is something altogether different from what it really is. To all of those we would recommend that they get immediately a copy of the Spalding Athletic Library, No. 262, entitled "Exercises with the Medicine Ball." The following is an extract from this publication:

"One of the aims of physical training is to make exercise interesting and enjoyable. To be beneficial in the highest sense it must be recreative. Particularly is this true of physical exercise for business men. As a class, in their daily work they are kept on a constant mental strain. Besides, they are, to a large degree, physically inactive. Life becomes too intense, too serious, too sordid. Exercise, therefore, for business men, must be largely recreative, relaxing and restful."

This is in the category that we class exercises with the medicine ball. It is particularly useful for the business man, especially in his own home. Spalding furnishes three different sizes of medicine balls, weighing from 4 to 9 pounds. Covering is of selected tanned leather, sewn in the same manner as a foot ball. The quality throughout is first-class. Par-



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ticular care has been taken in making these balls to be sure that they would hold their shape. The exercises with the ball consists of throwing the ball from one to another, and the catching of it develops the chest, exercises the back, arms, and legs, and, in fact, improves the whole system. The price of the medicine ball is—for the No. 11, 4-lb. ball, \$5; for the No. 12, 6-lb. ball, \$6 each,

and for the No. 13, 9-lb. ball, \$7 each.

As an aid to limbering up and making the muscles supple, the wands and wooden bar bell should not be neglected. Spalding furnishes a very satisfactory style of calisthenic wand in their No. 4, $4\frac{1}{2}$ feet long and 1 inch in diameter. The cost of these is very reasonable, the price being \$1.60 per dozen. They also furnish a school wand, their No. 3, $3\frac{1}{2}$ feet long, made of straight-grain maple, for \$1.30 per dozen, and in the bar bells their best grade is known as the Model S. This was specially designed by Dr. Watson L. Savage, of New York City. Has large pear-shaped ends with a flexible hickory shaft one-half inch in diameter, producing a vibratory exercise similar to that obtained with the French wand. The price of the Model S, Savage bar bells is \$6 per dozen, and for the ordinary bar bells, Spalding No. 2, made of selected material, highly polished, and 5 feet long, the price is \$5 per dozen.

An article that is interesting as part of the exercising equipment in the home is a suitable style of striking bag platform or disk fitted with a good durable bag. Spalding furnishes a very satisfactory article of this character in their No. Y disk, the price of which, complete with bag, is \$5 each. They also furnish other styles in their No. FR for \$5, without bag, and their No. CR for \$7.50, without bag. Striking bags they furnish in prices from 90 cents up to \$7 each.

It is well for all of those who are interested in exercising, who may by any chance



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need anything of this kind, to send for a copy of the Spalding catalogue. It should be kept convenient, so that orders can be sent in as any article of exercise may be required, and the prices of the Spalding apparatus and exercising and athletic goods will be found reasonable when the quality of the material and workmanship furnished is considered.

The addresses of the Spalding stores, from which copies of the catalogue will be mailed on application, are as follows:

New York City—124-128 Nassau Street and 29-33 West Forty-second Street.

Philadelphia, Pa.—1013 Filbert Street.

Boston, Mass.—73 Federal Street.

Baltimore, Md.—208 East Baltimore Street.

Washington, D. C.—709 Fourteenth Street, N. W. (Colorado Building).

Pittsburg, Pa.—439 Wood Street.

Buffalo, N. Y.—611 Main Street.

Syracuse, N. Y.—University Block.

Chicago, Ill.—147-149 Wabash Avenue.

St. Louis, Mo.—710 Pine Street.

Cincinnati, Ohio—Fountain Square, 27 East Fifth Street.

Kansas City, Mo.—1111 Walnut Street.

Minneapolis, Minn.—507 Second Avenue, South.

New Orleans, La.—140 Carondelet Street.

Denver, Col.—1616 Arapahoe Street.

San Francisco, Cal.—134 Geary Street.

Detroit, Mich.—254 Woodward Avenue.

Cleveland, Ohio—741 Euclid Avenue.

Montreal, Canada—443 St. James Street.

London, England—53, 54, 55, Fetter Lane.

Spalding Catalogues of Athletic Goods

We are issuing new catalogues continually throughout the entire year. Catalogues containing all information, cuts, description and prices of the full equipment for the particular athletic sport covered by each catalogue.

We charge nothing for these catalogues and we mail them free on request to any address. The first issues, however, are always sent to those that we have on our records here, and as there are generally many new things contained in these catalogues which are particularly interesting to athletes—every athlete and everyone interested in athletic goods should be on this record of ours. It is only necessary to send your name and address and state just what athletic sports you are interested in, and copies of our catalogues will be mailed to you as they are issued.

Spalding Catalogues for Spring and Summer, 1907

No. 707B—Catalogue of Base Ball Goods

A handsome catalogue printed in two colors. Containing cuts, descriptions and prices of the Spalding complete line of Base Ball Goods, including base balls, bats, catchers', fielders' and basemen's mitts, infielders' gloves, catchers' and umpires' masks and protectors, bat and uniform bags, bases, home plates, pitchers' box plates, shoe and pitchers' toe plates, score books and scoring tablets, umpire indicators and foul flags.

—and—

Spalding Base Ball Uniforms, shirts, pants, caps, shoes, belts, stockings, coats, sweaters; also full descriptions of all the various athletic libraries we issue devoted to base ball.

No. 707T—Lawn Tennis Catalogue

Containing cuts, descriptions and prices of the Spalding complete line of Lawn Tennis Goods; also Squash and Squash Racquet Goods, including rackets, balls, nets, posts, markers, marking tapes and plates, racket presses and covers, handle covers, center forks, center straps, guy ropes and pegs, reels, tether tennis and score books.

No. 707C—Golf Catalogue

Containing cuts, descriptions and prices of the Spalding complete line of Golf Goods, including wood and iron clubs, aluminum clubs, rubber cored golf balls, caddy bags, gloves, marking flags and discs, hole rims and cutters, golf paint, ball cleaners, tees, score books and counters, clock golf and golfette.

No. 707L—Catalogue of Lawn Games

Cricket, Croquet, Lawn Bowls, Archery, Field Hockey, Equestrian Polo. Containing cuts, descriptions and prices of the Spalding complete line of Athletic Goods devoted to these sports and games,

—and—

Particularly interesting as containing our new line of cricket goods selected personally by Tom Hayward, acknowledged the champion cricketer of the world.

No. 707U—Catalogue of Uniform Goods

Containing cuts, descriptions and prices of the Spalding complete line of Uniform Goods for all Athletic Sports, including Base Ball, Foot Ball, Basket Ball, Running, Gymnasium, Bathing, Swimming and Field Athletic Suits; shoes, built especially for each athletic sport, athletic hats and caps, jerseys, sweaters, stockings, supporters, belts, shin guards and everything else needed in an athletic equipment,

—and—

We issue separately and will send upon application a copy of our handsome color sheet showing the various shades of material that we furnish in our base ball uniforms. A blank for measuring team and a tape measure is included with this for the convenience of teams when making up their orders.

Copies of any of the above catalogues will be mailed upon application, from any of our stores, addresses of which are on inside of front cover



SPALDING

Chest Weight No. 12

We have just added this very well made machine to our line. The cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 pounds of weights.

Each, \$10.00



Chest Weight No. 4

Same type and general design as No. 2, but rods are of larger diameter and both rods and wheels are polished and nickel-plated. This machine is a decidedly neat and attractive piece of apparatus for the home, and is well worth the additional cost over the No. 2.

Each, \$7.00

Spalding's handsomely illustrated catalogue of Athletic Sports mailed free to any address.

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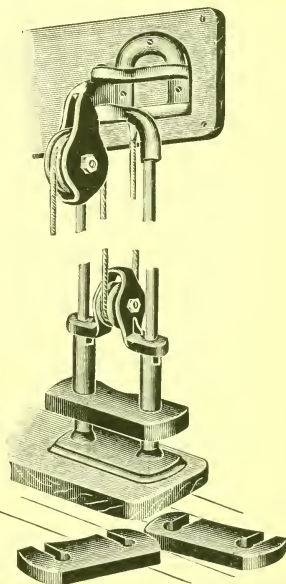
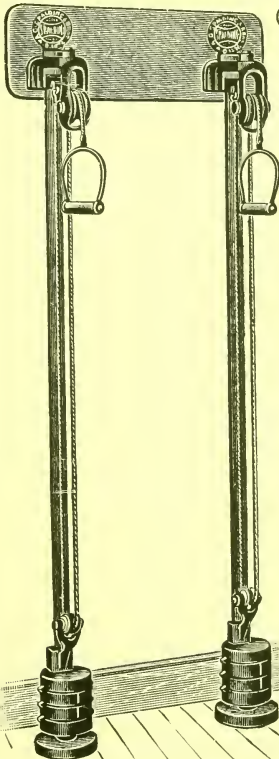
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Showing Important De-
tails of Construction of
No. 12 Machine.

See description on opposite page

A. C. SPALDING & BROS.

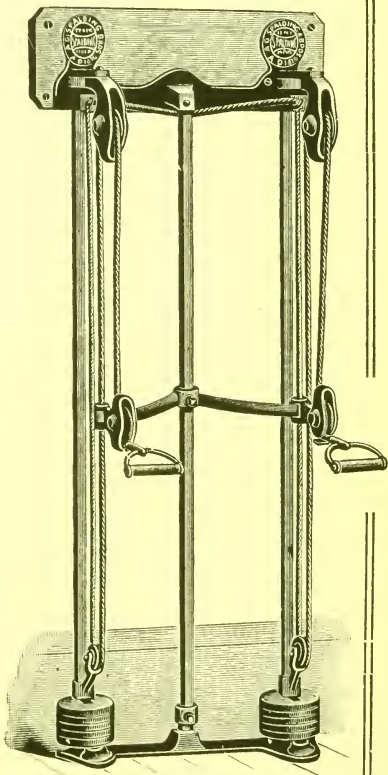
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Spalding Chest Weight **No. 5**

THIS machine has the Center Arm Adjustment, which permits of all the lower as well as the direct and upper chest movements. The various changes are made by raising or lowering the center arm, requiring but a few seconds. It really combines two machines in one, and is particularly suitable for home use where space is a consideration. Japan finish. One of the most reliable and satisfactory machines ever built. Each machine is equipped with 16 pounds of weights.

No. 5
Each, \$15.00



Prices subject to change without notice

A. G. SPALDING & BROS.

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*Stores in all large cities.
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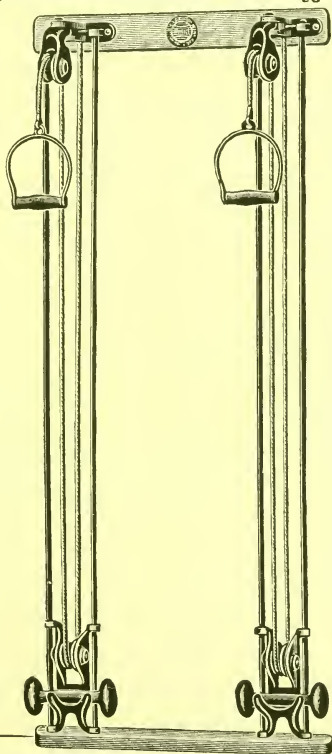
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SPALDING CHEST WEIGHT

No. 2

AN ideal machine for home use. Well made and easy running. Rods are 5-8 inch coppered spring steel, bearings are hardened steel cone, points, running in soft gray iron; noiseless and durable. Weight carriage packed with felt, good for long wear, but easily removed and replaced when necessary without the use of glue or wedges of any kind. Weight carriage strikes on rubber bumpers. Weights are 5 pound iron dumb bells, one to each carriage, and may be removed and used as dumb bells if desired. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect.

Each, - \$5.00

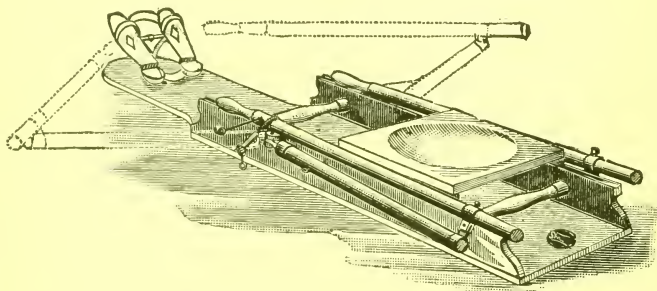
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No. 1 Rowing Attachment

TO be used in connection with any chest weights which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.



THIS attachment, as will be noted, has outriggers and arms similar to the rowing machine, and offers a great variety of work when used in connection with the chest weight.

No. 1. Rowing Attachment.
Complete, \$10.00

A. C. SPALDING & BROS.

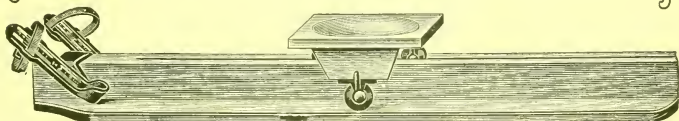
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No. 2

Rowing Attachment

TO be used in connection with any chest weights which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.



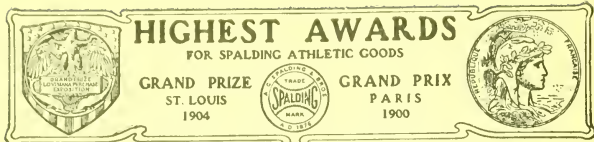
DESIGNED to fill the demand for a low priced article of this kind, built along substantial lines. Will give entire satisfaction.

No. 2. Rowing Attachment.
Complete, \$8.00

Spalding's handsomely illustrated catalogue of Athletic Sports mailed free to any address.

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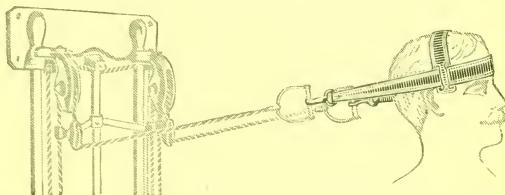
Foot and Leg Attachment



Illustrating Method of Fastening Foot and Leg Attachment to No. 5 Chest Weight Machine.

No. 2. Well made of heavy cowhide. Readily attached to one handle or both; can be worn with or without shoe. Each, \$1.00

Head and Neck Attachment



Illustrating Method of Fastening Head and Neck Attachment to No. 5 Chest Weight Machine.

No. 3. Well made of heavy cowhide. Ready for use by simply snapping to one of the handles or both. Each, \$1.00

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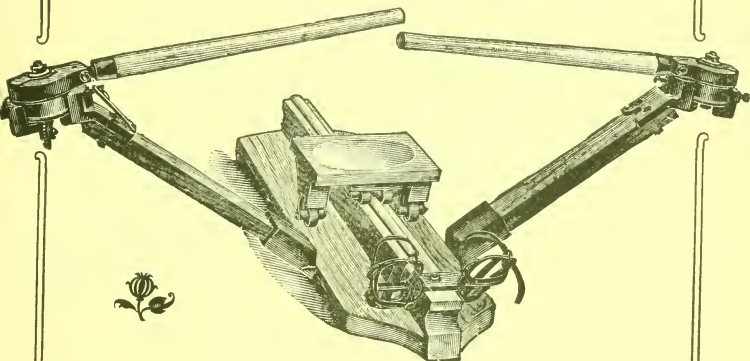
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The Laflin Friction Rowing Machine



THE means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance.

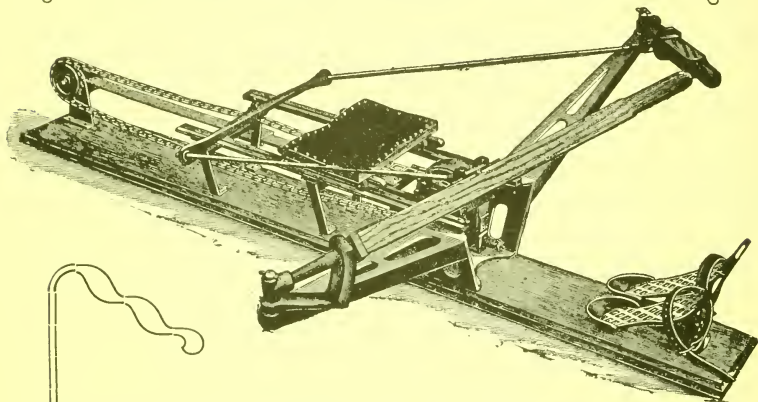
No. 119. Complete, \$16.00

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Kerns' Rowing Machine



Suitable alike for the athlete or the ordinary man or woman.



Operated just like rowing a boat.

THE ideal boat for home use and training purposes. Used by the leading athletic clubs, colleges and prominent oarsmen of the world, and pronounced the most perfect rowing machine ever produced. Fitted with the Kerns' Patent Roller Seat and Shoes, the shoes having a three-inch adjustment, to suit either a tall or a short person. By turning a thumb-nut the belt can be tightened to any desired degree, and more or less friction thrown into the running parts, imitating the resistance which exists when forcing a rowboat through the water. The weaker sex can use the machine by simply loosening the thumb-nut, which reduces the resistance; and on the other hand, by reversing the operation, the resistance can be so increased that the strongest athlete can have any amount of resistance. The oars are pivoted in such a way that the operator can handle and turn them the same as he would during the return and feathering motion with a boat oar,

No. 600. Each, \$30.00

Prices subject to change without notice

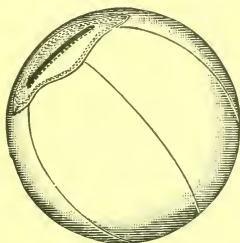
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*Stores in all large cities.
See inside cover page of this book.*



Spalding Improved Medicine Balls



WEIGH from four to nine pounds. The covering is of selected tan leather sewn in the same manner as our foot balls. Quality throughout has been much improved and the balls as now made are extremely durable. The exercise consists of throwing ball to one another, and the catching of it develops the chest, exercises the back, arms, legs; in fact, improves the whole system.

No. 11.	4-lb. ball.	Each, \$5.00
No. 12.	6-lb. ball.	“ 6.00
No. 13.	9-lb. ball.	“ 7.00

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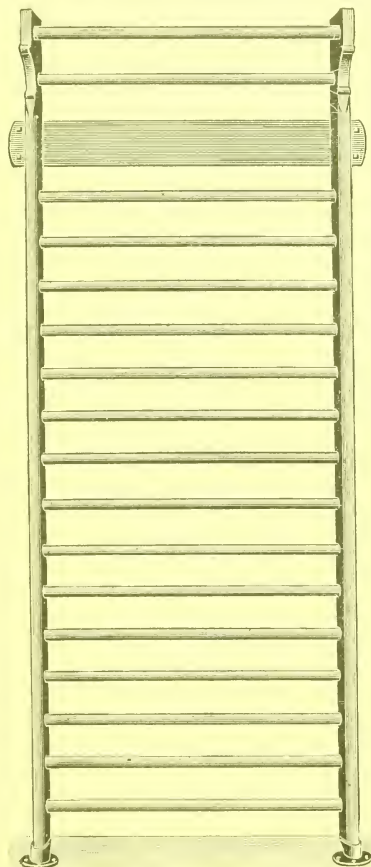
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BAR STALLS

THIS well known and popular piece of apparatus is particularly adapted for use in the home, as it is compact, of simple construction, and because it may be used for the greatest variety of movements affecting every part of the body. The principal requirements of apparatus for the home are abdomen and chest movements, and for these the Bar Stall is especially adapted.

Apparatus more compact cannot be found. The Stall is to be erected against the wall, behind a door, or against any flat surface. The dimensions are nine feet high, thirty-two inches wide, and it extends six inches into the room. It is of such simple construction that anyone can put it up in a few minutes, and best of all, it is impossible to get out of order, there being no moving or working parts. Made from selected hard pine, modelled after the latest and most approved pattern, oval fronts, round corners, etc. The rungs are maple, having square tenons on end, fitting mortise in upright, and firmly wedged in place. There is no possibility of their working loose or turning. Nicely finished and well made throughout. Furnished complete with necessary wall boards, floor flanges for upright screws, etc. Where it is necessary to attach this to a door it can be supplied smaller in size or less in height than as described above.

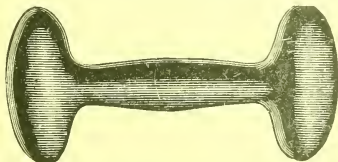
No. 204. Bar Stalls.

Per section, \$8.00



IRON DUMB BELLS

Made on approved models, nicely balanced and finished in black enamel. Sizes 2 to 40 pounds.

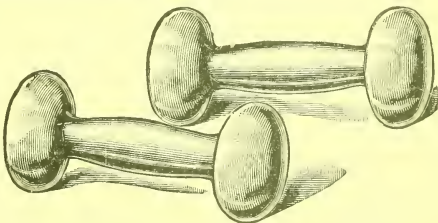


Per pound. . . 6c.
Over 40 pounds. . . 8c.
Bar Bells, any weight, wrought iron handles, any length made specially. Per pound, 10c.

NICKEL-PLATED DUMB BELLS

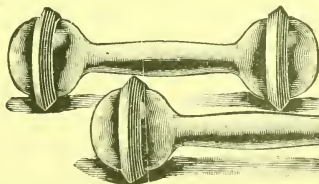
Nickel-plated and polished.

	Per pair.
1N. 1 lb.	\$.25
2N. 2 "	.50
3N. 3 "	.65
4N. 4 "	.75
5N. 5 "	1.00



Nickel-Plated Dumb Bells with Rubber Bands

Nickel-plated and polished.



	Per pair.
1B. 1 lb.	\$.65
2B. 2 "	.75
3B. 3 "	1.00
4B. 4 "	1.15
5B. 5 "	1.25

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SPALDING GOLD MEDAL INDIAN CLUBS

Natural Color, Lathe Polished, High Finish

Spalding Gold Medal Indian Clubs are made of selected first grade clear maple, in two popular models, and are perfect in balance. Each club bears fac-simile of the Spalding Gold Medal, and one pair is wrapped in each paper bag.

MODEL E — *Weights specified are for each club.*

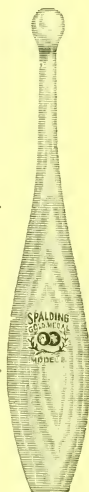
PAIR		PAIR	
½ lb. . .	\$.60	1 ½ lb. .	\$.85
¾ lb. . .	.60	2 lb. .	.95
1 lb. . .	.75	3 lb. .	1.10

MODEL B — *Weights specified are for each club.*

PAIR		PAIR	
½ lb. . .	\$.45	1 ½ lb. .	\$.55
¾ lb. . .	.45	2 lb. .	.60
1 lb. . .	.50	3 lb. .	.90



Model E

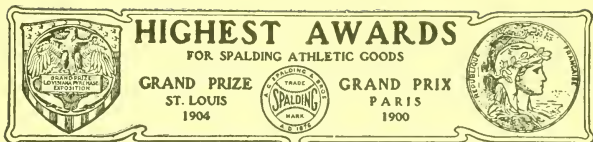


Model B

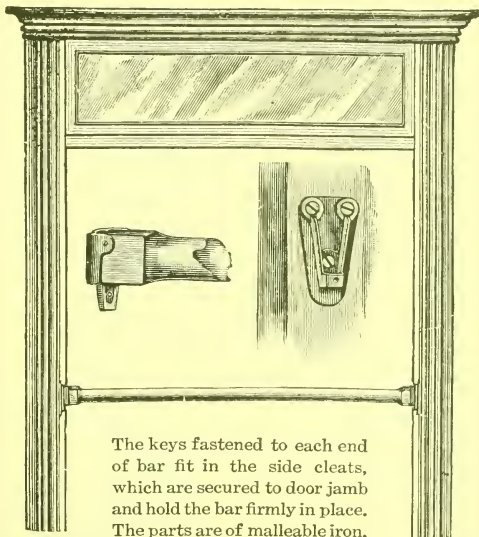
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Spalding Doorway Horizontal Bar



The keys fastened to each end of bar fit in the side cleats, which are secured to door jamb and hold the bar firmly in place. The parts are of malleable iron, very light, yet strong enough to sustain the heaviest man. The bar may be quickly removed when not in use, leaving no projecting part.

No. 101. Complete with parts, \$2.00

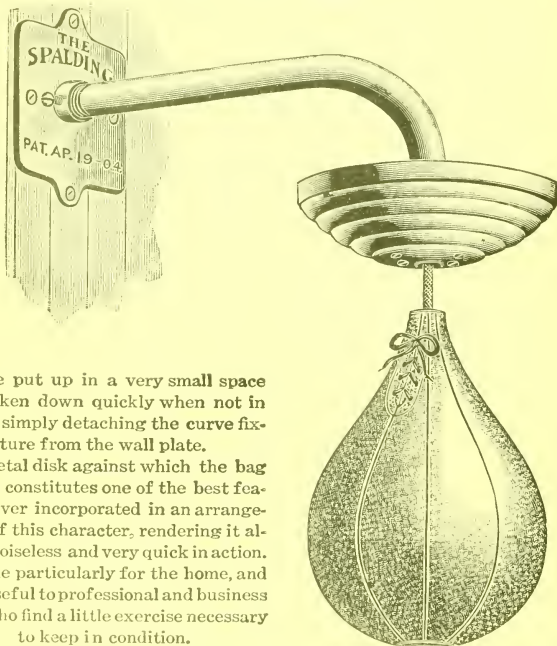
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THE SPALDING DISK PLATFORM

(Patented April 19, 1904)



Can be put up in a very small space and taken down quickly when not in use by simply detaching the curve fixture from the wall plate.

The metal disk against which the bag strikes constitutes one of the best features ever incorporated in an arrangement of this character, rendering it almost noiseless and very quick in action. Suitable particularly for the home, and very useful to professional and business men who find a little exercise necessary to keep in condition.

**The Spalding Disk Platform, Complete with Bag
No. Y. Each, \$5.00**

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Cincinnati				
Montreal, Canada		London, England		



THE SPALDING STRIKING BAGS

The Bladders used in all our Striking Bags are made of pure Para rubber and fully guaranteed.

No. 18. The "Fitzsimmons Special."

Made of finest selected olive Napa tanned leather, extra well made, double stitched, red welted seams and reinforced throughout. For training purposes particularly this bag will be found extremely satisfactory in every respect. Each\$5.00

No. 18S. Same as No. 18, but smaller in size and lighter. Intended for very speedy work. Each.....\$5.00

No. 12. Made of olive tanned leather, specially selected; double stitched, red welted seams and reinforced throughout. Excellent for quick work. Each\$4.00

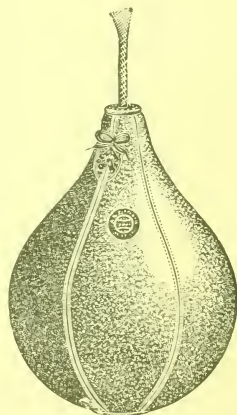
No. 10. Made of specially tanned brown glove leather; double stitched, red welted seams and reinforced throughout. Well made in every particular. Each\$3.25

No. 17. Made of fine craven tanned leather, well finished; double stitched, red welted seams and reinforced throughout. A good all around bag. Each\$3.00

No. 16. Made of extra fine grain leather; full size and lined throughout. Each\$2.50

No. 15. Made of olive tanned leather; full size and lined throughout; red welted seams. Each.....\$1.75

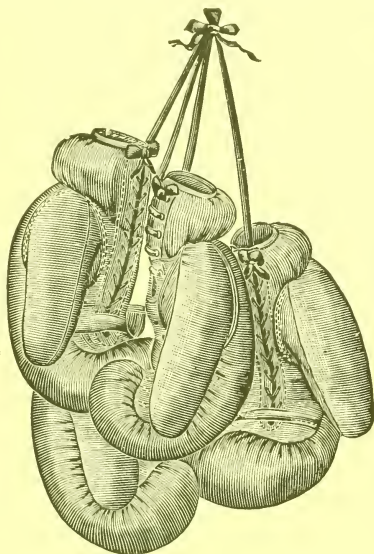
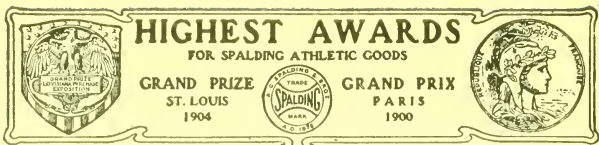
No. 14. Good quality brown leather; lined throughout. Each..\$1.00



No. 19

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SPALDING BOXING GLOVES

No. 11. Corbett pattern, large 7-oz. glove, best quality brown glove leather, padded with best curled hair, patent palm lacing, padded wristband, patent palm grip; substantially made throughout for hard usage. Set of four, **\$5.00**

No. 13. Corbett pattern, olive tanned leather, well padded with hair, patent palm lacing and patent palm grip.

Set of four, **\$4.50**

No. 15. Corbett pattern, olive tanned leather, well padded with hair, padded wristband, patent palm lacing, patent palm grip.

Set of four, **\$3.50**

No. 17. Corbett pattern, craven tan leather, well padded with hair, patent palm lacing, patent palm grip, padded wristband.

Set of four, **\$3.50**

No. 19. Corbett pattern, craven tan leather, well padded with hair, patent palm grip and patent palm lacing. . . . Set of four, **\$3.00**

No. 21. Corbett pattern, grip and cuffs of brown leather, balance of glove finished in dark wine color leather; well padded with hair and patent palm lacing. . . . Set of four, **\$2.50**

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Durand-Steel Lockers

WOODEN LOCKERS are objectionable because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire. Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust and the lockers themselves present a poor appearance, resembling animal cages.

Durand-Steel Lockers are made of high-grade steel plates, and are finished with gloss-black Furnace baked Japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

Durand-Steel Lockers are usually built with doors perforated full length in panel design, with sides and backs

solid. This prevents clothes in one locker from

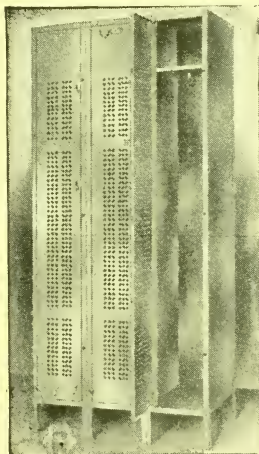


Six Lockers in Double Tier

coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but if the purchaser prefers we perforate the backs also.

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and in addition, are fire-proof.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size, and arrangement, we shall be glad to take up through correspondence the matter of prices.



Three Lockers in Single Tier

A. G. SPALDING & BROS.

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Stores in all large cities. See inside cover page of this book.

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Who are A. G. Spalding & Bros.?

Albert G. and J. Walter Spalding commenced business March 1st, 1876, at Chicago, under the firm name A. G. Spalding & Bro., with a capital of \$800. Two years later their brother-in-law, William T. Brown, came into the business, and the firm name was then changed to A. G. Spalding & Bros.

The business was founded on the Athletic reputation of Mr. A. G. Spalding, who acquired a national prominence in the realm of Sport, as Captain and Pitcher of the Forest City's of Rockford, Ill. (1865-70), the original Boston Base Ball Club (Champions of the United States, 1871-75), and the Chicago Ball Club (1876-77), first Champions of the National League. He was also one of the original organizers, and for many years a director, of the National League of America, the premier Base Ball organization of the world. Mr. Spalding has taken an important part in Base Ball affairs ever since it became the National Game of the United States at the close of the Civil War in 1865. The returning veterans of that War, who had played the game as a camp diversion, disseminated this new American field sport throughout the country, and thus gave it its national character.

Base Ball Goods were the only articles of merchandise carried the first year, the total sales amounting to \$11,000. Gradually implements and accessories of Athletic Sports were added, until the firm now manufacture the requisites for all kinds of Athletic Sports. Originally the firm contracted for their supplies from outside manufacturers, but finding it impossible, by this method, to keep the standard of quality up to their high ideals, they gradually commenced the manufacture of their own goods, and by the acquisition from time to time of various established factories located in different parts of the country, are now able to, and do manufacture in their own factories everything bearing the Spalding Trade-Mark, which stands the world over as a guarantee of the highest quality.

There are over three thousand persons employed in various capacities in A. G. Spalding & Bros.' factories and stores located in all the leading cities of the United States, Canada and England. A capital of over \$4,000,000 is employed in carrying on this business, and the annual sales exceed the total combined annual sales of all other manufacturers in the world making a similar line of goods.

A. G. Spalding & Bros. have always taken a leading part in the introduction, encouragement and support of all new Sports and Games, and the prominence attained by Athletic Sports in the United States is in a very great measure due to the energy, enterprise and liberality of this progressive concern. They were the pioneers, and in fact the founders, of the Athletic Goods Trade in America, and are now universally recognized as the undisputed Leaders in the Athletic Goods line throughout the world.

The late Marshall Field of Chicago, America's greatest Merchant, speaking of the business of A. G. Spalding & Bros., said: "I am familiar with its early career, growth and development, and when I compare its unpromising outlook and the special field for its operations that existed at its inception in 1876, with its present magnitude, I consider it one of the most remarkable mercantile successes of the world."

The millions of Athletes using them, and the thousands of Dealers selling them, attest to the High Quality of Spalding's Athletic Goods, and they must determine the future history of this concern.

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